

**UNIT**  
**3**

# YOGA



## Content

Meaning & Importance of Yoga

Introduction to Ashtanga Yoga

Yogic Kriyas (Shat Karma)

Pranayama and its types

Active Lifestyle and stress management through Yoga





# Learning Outcomes

At the end of this unit students will be able to:

- recognize the concept of yoga and aware with the importance of it
- identify the elements of yoga
- identify the Asanas, Pranayamas, meditation and yogic kriyas
- classify various yogic activities for enhancement of concentration
- know about relaxation techniques for improving concentration



### Discussion

Read the newspaper clipping given below.

#### International Yoga Day

New Delhi: International Day of Yoga (IDY), Yoga day or Antarashtriya Yog Divas is an annual event celebrated all over the world on June 21 since its inception in 2015. The idea of IDY was first proposed by Indian Prime Minister during his speech at the United Nations General Assembly (UNGA), on September 27, 2014.

Later, International Day of Yoga (IDY) was declared unanimously by the United Nations General Assembly (UNGA) on December 11, 2014. Yoga is a physical, mental and spiritual practice that has its routes mostly in India. The date of June 21 was suggested by PM Modi in his UN address as it is the longest day of the year in the Northern Hemisphere and is highly important in many parts of the world. Last year, 72 students and teachers from City Montessori School of Lucknow performed yogic exercises at the United Nations Headquarters in New York on the occasion of International Day of Yoga.

In 2018, PM Modi participated in the event organised in FRI Dehradun. As many as 60,000 people are expected to turn up for the event.

#### Discuss in your group

- How does yoga contribute to an individual's growth, development, health and
- fitness?
- Why was June 21 chosen as IDY?
- What are the objectives of IDY?

Present your ideas to the class.

### 3.1.1 MEANING, DEFINITION AND IMPORTANCE OF YOGA

#### Meaning

The word 'yoga' is derived from a Sanskrit word "yuj", which means union. Yoga is the union of the spirit with the soul. This union is a long process which may even take several births, according to Hindu scriptures. Yoga is also considered as the union of the Ida nerve with the Pingla nerve, of the sun nerve with the moon nerve, of negative and positive, of Shiva (spirit) with Shakti (mother nature), and of Mooladhar Chakra (Coccyx plexus) with the Sahasrar Chakra (thousand lotus petal plexus). Yoga is the union of Prana Vayu with the Apan Vayu (life current with excretion current.)





Yoga is a science of experiencing which helps in the upliftment of humanity, from animal-hood to God-hood. This science helps bring happiness in our lives. It is the path of spiritual connection which serves as a remedy for doubt, confusion and intellectual dissatisfaction. Consciousness added to matter and life, gives an animal. Self-consciousness added to the mixture gives a human being; the addition of pure joy creates a God.

Yoga is not merely a means to treat diseases. Rather, it is a science which brings health and happiness on causal, astral and physical planes. All the religions of the world speak of the divine union of soul and spirit in one way or the other.

This union can be achieved through any means but yoga, as propounded by Maharishi Patanjali, is the fastest and most effective way.

### DEFINITION

- Stillness in the whirlpools (modifications) of the mind (Yoga Chitta Vritti nirodha) - Maharishi Patanjali.
- Skillness in action (Yogah karmasu kaushalam) - Lord Krishna in Bhagavad Gita.
- A skillful and subtle process to calm the mind (Yoga Vasistha).
- "Yoga is said to be the oneness of breath, mind, and senses, and the abandonment of all states of existence." - (Maitri Upanishad)
- "Yoga is said to be the unification of the web of dualities." (Dvandva Jaala).- Yoga Bija
- "Yoga is said to be in control."- (Brahmaanda Purana)
- "A skillful and subtle process to calm down the mind." - Yoga Vashistha



Yoga explained by Ministry of AYUSH

### Do you know?

In the modern era, Swami Vivekananda, introduced the importance of Yoga to the Western world, when he addressed the World Parliament of Religions at Chicago in 1893.

Swami Vivekananda is also credited for being the greatest proponent of Yoga in the West.



### 3.1.2 IMPORTANCE OF YOGA

Yoga is not a religion, but a way of living that ensures 'a healthy mind in a healthy body'.

Man is a physical, mental and spiritual being; yoga helps to promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical wellbeing. They have little to do with the development of the spiritual or astral body.

#### Extension Activity Discuss with your group

- What are the short-term effects of yoga?
- What changes take place in your body if you do yoga regularly over an extended period of time?
- Are these changes obvious - relating to visible changes in your body e.g., building up of muscles, loss of body fat etc.?
- What changes occur in heart rate and breathing?
- What about changes that are not so obvious and are long-term - increased stamina, improved flexibility?

Design a poster to show the effect of yoga on the body.

You could use an outline of the body to show which parts of the body are affected, what those effects are and how to maximize benefits of exercise.

Yogic exercise recharges with cosmic energy. This facilitates

- Attainment of perfect equilibrium and harmony.
- Promotes self-healing.
- Removes negative blocks from the mind and toxins from the body.
- Enhances personal power.
- Increases self - awareness.
- Helps in attention, focus and concentration, especially for children.
- Reduces stress and tension in the body by activating the parasympathetic nervous system.
- Yoga bestows upon every aspirant the power to control the body and mind.





I. Tick the correct option.

1. Word 'Yoga' derived from:
  - a. Yuj
  - b. Yug
  - c. Yua
  - d. Yuy
2. Who define yoga as "Skillness in action"?
  - a. Maharishi Patanjali
  - b. Brahmaanda Purana
  - c. Lord Krishna
  - d. Maitri Upanishad

II. Answer the following questions briefly.

1. What do you mean by term 'Yoga'.
2. How can yoga contribute in enhancing personal power?

III. Answer the following questions in 150-200 words.

1. How can Yoga help in maintaining healthy lifestyle?
2. Explain the modern concept of yoga along with importance?

### 3.2.1 INTRODUCTION TO ASHTANG YOGA

Yoga is more than just a physical discipline. It is a way of life-a rich philosophical path. And the yamas (social restraints) and niyamas (self-discipline) are ten good common-sense guidelines for leading a healthier, happier life and for bringing spiritual awareness into a social context. They are for the individual to think about and ponder over with a rational mind, because yoga is not about mindlessly accepting externally imposed rules - it is about finding the truth for oneself and "connecting" with it.

### 3.2.2 Yamas: Yama is the first "limb" of Ashtang Yoga.

The 5 yamas are universal practices that help us move forward in our personal and spiritual development. The five yamas ask practitioners to avoid violence, lying, stealing, wasting energy, and possessiveness.





The five yamas, or codes of conduct or moral disciplines towards the outside world are:

- a) Ahimsa – Sanskrit for “non-harming”
- b) Satya – Sanskrit for “refraining from dishonesty”
- c) Asteya– Sanskrit for “non-stealing”
- d) Brahmacharya – Sanskrit for “wise use of vitality”
- e) Aparigraha– Sanskrit for “non-possessiveness”

Practicing Yoga’s “golden rules” helps us attain a healthy mind and body, and it is important to follow the yamas without the desire for an end goal.

- a) **Ahimsa (non-violence):** Ahimsa means practicing kindness towards others, towards animals and towards ourselves in every thought and action. When we are compassionate and accepting of all ways of life we can handle any situation with grace.
- b) **Satya (refraining from dishonesty)** Satya is the principle of living with integrity. Satya refers to refraining from dishonesty and betrayal in thought, word, and deed. It is important to note, though, that ahimsa is still the most important principle. Thus, in case truth can cause harm or violence, the option to be exercised is one that will not cause harm.
- c) **Asteya (non-stealing):** Asteya teaches that everything we need in life is already within us. By choosing Asteya, we rise above our “base cravings” and become self-sufficient because we no longer desire something outside of ourselves. Feeling gratitude for what we have, and only taking what is freely given, makes it easy to wipe out feelings of envy or entitlement, and for authentic generosity.
- d) **Brahmacharya (wise use of energy)** Brahmacharya refers to the wise use and preservation of vitality. It does not mean celibacy, but rather acting responsibly with your vitality, as a way to respecting others and yourself.
- e) **Aparigraha (non-possessiveness)** Aparigraha refers to the ability to let go. It encourages non-grasping, non-clinging, and non-attachment to possessions or even thoughts. Aparigraha teaches you not to take it easy and be happy with what you have.





### 3.2.3 Niyamas

The niyamas, the second constituent of Asthang Yoga, deal with the manner in which we interact with ourselves and our internal world. Following the Niyamas helps the individual regulate her/his behaviour and maintain a positive environment in which to grow. Energy generated through the cultivation of the yamas is harnessed through the practice of the Niyamas. While Sage Yajnavalkya lists ten niyamas and the Bhagavad Gita lists 11, Patanjali names the following five:

- a) Saucha or purity
  - b) Santosha or contentment
  - c) Tapa or austerity
  - d) Swadhyaya or self-education, and
  - e) Ishwar Pranidhan or meditation on the Divine.
- a) Saucha implies both external as well as internal purity. According to Manu, just as water purifies the body, truthfulness the mind and true knowledge the intellect, the soul is purified by knowledge and austerity. It advocates the practices of intellectual purity, purity of speech and of the body.
- b) Santosha or contentment is the second niyama, which is described as not desiring more than what one has earned through honest labour. Santosha implies that the state of mind does not depend on any External causes, and that one must maintain equanimity through all that life offers. Santosha involves the practice of gratitude and joyfulness - maintaining calm at all costs.
- c) Tapa or Austerity, the third niyama, is described in the philosophy of yoga as the power to stand thirst and hunger, cold and heat, discomforts of place and postures, silent meditation and fasts. It also maintains that the perfect man is he who practices both mental as well as physical austerity.

#### Do you know?

Maharishi Patanjali is a saint who is believed to have lived some time during the 2nd century BCE. He is known for his treatise on Yoga, entitled "Patanjali Yoga Sutra".

- d) Swadhyaya or self-education, according to the commentator Vyas, consists of scriptural studies - the study of the Vedas and Upanishads together with the recitation of the Gayatri Mantra and the Om Mantra.





- e) Ishwar Pranidhan, the last of the niyamas, is described as the dedication of all our actions, performed either by intellect, speech or body, to the Divine. The results of all such actions are, therefore, dependent upon Divine decision. The mortal mind can simply aspire to realize the Divine through dedication, purification, tranquillity and concentration of the mind. This Divine contemplation spills over into all aspects of the yogi's life.

### 3.2.4 Benefits of Practicing Yamas & Niyamas

The yamas and niyamas help in managing our energy in an integrated manner, complementing our outer life to our inner development. They help us view ourselves with compassion and awareness. They help in respecting the values of life, in balancing our inner growth with outer restraint. In short, Yamas and Niyamas are not about right and wrong, but are about being honest with oneself. Living according to these principles is about living our lives in a better way, and moving towards connecting with the Divine.

### 3.2.5 Asanas

Asana is a posture in harmony with one's inner consciousness. It aims at the attainment of a sustained and comfortable sitting posture to facilitate meditation.

Asanas also help in balancing and harmonizing the basic structure of the human body, which is why they have a range of therapeutic uses too.

### 3.2.5 Pranayama

Pranayama is a compound term (Prana and Yama) meaning the maintenance of prana in a healthy manner throughout one's life. More than being merely a breath-control exercise, Pranayama is the art of the life force or prana. Ancient yogis, who understood the essence of prana, studied it and devised methods and practices to master it. These practices are better known as Pranayama since breath or prana is basic to life, the practice of Pranayama helps in harnessing the prana in and around us, and by deepening and extending it, Pranayama leads to a state of inner peace. According to Hatha Yoga, Pranayamas can be classified under:

- a) Surya Bhedi
- b) Ujjai
- c) Sitkari
- d) Sitli





- e) Bhastrika
- f) Bhramari
- g) Murchha, and
- h) Kewali.

### 3.2.6 Pratyahara

Pratyahara is the “withdrawal of the senses” and it is the fifth element among the eight stages of Patanjali’s Ashtang Yoga, as mentioned in his classical work. It is also the first stage of the six-branch yoga of the Buddhist Kalachakra tantra, where it refers to the withdrawal of the five senses from external objects to be replaced by the mentally created senses of an enlightened deity.

### 3.2.7 Dharana

The last three limbs of Ashtang Yoga are the three essential stages of meditation. Dharana involves developing and extending our powers of concentration. This consists of various ways of directing and controlling our attention and mind - fixing skills, such as concentrating on the chakras or turning inwards.

### 3.2.8 Dhyana

Dhyana is the state of meditation, when the mind attains a state of concentration without getting distracted. Strictly speaking, unlike the other six limbs of yoga, this is not a technique but rather a state of mind, a delicate state of awareness, where the mind has been quieted, and, in the stillness, it produces few or no thoughts at all. This state rightfully precedes the final state of Samadhi.

### 3.2.9 Samadhi

Samadhi or total absorption is the ability to become one with the true self and merge into the object of concentration. In this state of mind, the perceiver and the object of perception unite through the very act of perception-a true unity of all thought and action. This is the acme of all yogic endeavours, the ultimate “yoga” or connection between the individual and the universal soul.

#### Do you know?

According to Hindu mythology, Shiva is considered the Supreme Lord of Yoga.



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I. Tick the correct option.

1. There are eight stages of training for a yogi to go through in order to reach “moksha” (release). What is the final stage called?
  - i. Samadhi
  - ii. Yama
  - iii. Pranayama
  - iv. Kaivalya
2. Yama and Niyama are part of
  - i. physical growth
  - ii. charity
  - iii. meditation
  - iv. morality and ethics
3. Out of the following which one is NOT Ashtang Yoga?
  - i. Yama
  - ii. Niyama
  - iii. Dhauti
  - iv. Pratyahar
4. To stabilize and focus the mind on one object, image, sound or idea is called
  - i. i. Dharana
  - ii. ii. Dhyana
  - iii. iii. Samadhi
  - iv. iv. Pratyahara

II. Answer the following questions briefly.

1. Differentiate between Dhyana and Samadhi.
2. Explain the concept of Pranayama.

III. Answer the following questions in 150-200 words.

1. What are the purpose of Ashtang Yoga?
  2. Explain the components of Ashtang Yoga.
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### 3.3.1 YOGIC KRIYAS (SHAT KARMAS): MEANING, PROCEDURE, PRECAUTIONS AND BENIFITS

According to tridosha theory (one of the fundamental theories of Indian medicine), the human body is made by three basic constituents called tridoshas, which are Vata (mechanical functional constituent of the body), Pitta (chemical functional constituent of the body) and Kapha (material functional constituent of the body). If there is any imbalance in the constituents of the body, it leads to diseases. Yoga recommends six purification processes to get and keep the equilibrium of these tridoshas. They are known as Shat kriyas (six purification processes). They are:

1. Kaphalabhati - Purification of frontal lobes and lungs.
2. Trataka - Blinkless gazing.
3. Neti - Nasal cleansing.
4. Dhauti - Cleaning of digestive track and stomach.
5. Nauli - Abdominal massage.
6. Basti - Colon cleaning.

These six cleansing processes are excellent practices designed to purify the whole body, and to get good health. Nauli and Dhauti are higher practices, hence not mentioned here.

#### Do you know?

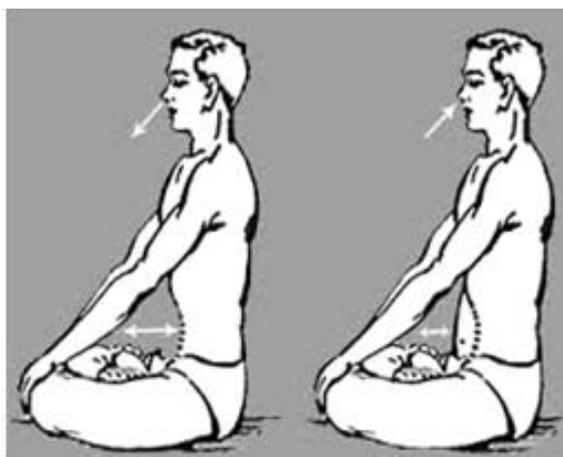
Tao Porchon-Lynch, born on August 13, 1918, is an American yoga master and award-winning author of French and Indian descent. She discovered yoga in 1926 when she was eight years old in India and studied with, among others, Sri Aurobindo,

B.K.S. Iyengar, K. Pattabhi Jois, Swami Prabhavananda, and Maharishi Mahesh Yogi. At age 100, she teaches six to eight classes a week in New York, and leads Programmes across the globe. She is the author of two books, including her autobiography, *Dancing Light: The Spiritual Side of Being Through the Eyes of a Modern Yoga Master*, which won a 2016 IPPY Award and three 2016 International Book Awards.

### 3.3.2 KAPALABHATI

This involves forceful and fast diaphragmatic breathing. In a comfortable sitting position, one exhales forcefully by contracting the abdomen and inhales. The exhalations and inhalations are accompanied with the abdominal movements which take place in quick successions for a number of times depending on one's capacity.





### BENEFITS

- This is a great cleanser for the respiratory passages including the sinuses.
- It improves respiratory function and promotes circulation.
- Improves balance.
- It removes acidity and gas related problems.
- It cures sinus, asthma, and hair loss.

### PRECAUTIONS

- a. Pregnant women, patients suffering from a slipped disc, and asthma patients should avoid it.
- b. It should not be performed during menstruation.

### 3.3.3 TRATAKA

It is still-gazing at a point selected in the form of a black dot on a paper, or an unwavering flame or any other object of choice. One has to continue still-gazing until tears roll down.





## BENEFITS

- It improves the eyesight and tones up the visual mechanism.
- It also helps in concentration.
- It helps to calm the mind and remove distractions.

## PRECAUTIONS

- People suffering with epilepsy should not practice trataka on candle.
- Kids should avoid practicing trataka.

### 3.3.4 NETI

Neti is the yogic system of body cleansing techniques. It is intended to mainly clean air passages in the head.

#### JALNETI

Jal Neti is a technique used by yogis to stay away from diseases, and most importantly to use the breath well for their yogic practices without any blockages.



#### TECHNIQUE

- In a feeding cup or a small pot having a nuzzle, take tepid water with a little salt added to it.
- Insert the nozzle in one of the nostrils.
- Bend the head a little sideward and pour water slowly into the nostril.
- Then repeat the same procedure with other with the other nostril. Thus, the nasal cavity is cleansed with water.

## BENEFITS

- Jal Neti removes excess mucus and impurities in the nose.
- It reduces inflammatory conditions and builds up resistance in the atmosphere.
- Helps in preventing cold and cough.
- If practiced daily, can cure headache and migraine.

### 3.3.5 DHAUTI

Dhauti is a word in Hindi which means washing. Hence all the kriyas which involve washing can be said as dhauti kriya.

#### VAMANA DHAUTI



In Sanskrit, Vamana means 'middle' and Dhauti means 'purification'. In the yogic literature, this technique is known also as KUNJALA, or the gesture of the elephant. It is one of the six purification methods of shat karma of hatha yoga.

#### TECHNIQUE

- Drink tepid water as much as possible filling the stomach completely.
- If desired add some common salt for taste.
- Insert three fingers into the throat and tickle it to vomit out the water.
- Do it again and again until all water is thrown out.

#### BENEFITS

- It removes all the contents of the stomach including excess secretions of the stomach and undigested food.
- It removes gas, acidity and indigestion.
- It helps to cure cough and sore throat.





### Extension Activity

Perform Kaphalabhati for 8 consecutive days and write 3 changes which take place in you after 8th day.

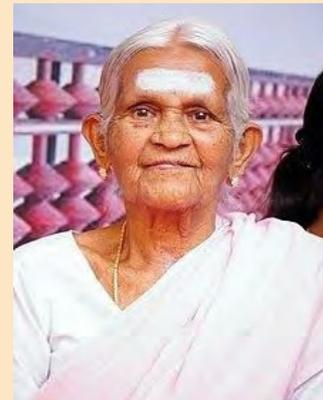
Name of the Asana	Change 1	Change 2	Change 3

#### Do you know?

India's oldest Yoga teacher

99 year old V. Nanammal is India's oldest Yoga teacher who comes from Coimbatore, Tamil Nadu, India. Nanammal, who has trained one million students over 45 years, teaches 100 students daily. 600 of her students have become Yoga instructors around the world.

Her work has been honoured with India's National Nari Shakti Puraskar in 2016 and the country's fourth highest civilian award, the Padma Shri, in 2018.

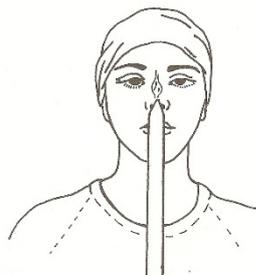


#### I. Tick the correct option.

- ..... is a very good Kriya to get rid of nasal allergy?
  - Vastradhauti
  - Dandadhauti
  - Neti
  - Kapalbhati
- Cleaning of Colon is known as:
  - Nauli
  - Basti
  - Neti
  - Trataka
- Other name of Vamana dhauti is :
  - Kunjala
  - Kapalbhati
  - Vastradhauti
  - Dandadhauti

4. Identify which yogic Kriya is being performed in following picture?

- a. Nauli
- b. Basti
- c. Neti
- d. Trataka



II. Answer the following questions briefly.

- 1. Define yogic kriyas.
- 2. Elucidate the procedure and benefits of trataka
- 3. Explain yogic cleansing techniques for nasal cavity.

III. Answer the following questions in 150-200 words.

- 1. Describe the yogic kriyas along with benefits.
- 2. What is the effect of Kriyas on our body?

### 3.4.1 PRANAYAM AND ITS TYPES

Pranayama forms an important component of Yogic Practice. Pranayama is a science which helps to regularize vital energies through the regulation of breathing. The main purpose of Pranayama is to gain control over the Autonomous Nervous System and mental functions.

Pranayama practice involves slow deep inhalation (Puraka), holding breath (Kumbhaka) and near complete exhalation (Rechaka).

The flow of Prana or vital energy to all the vital parts of the body is regulated by these breath-regulating practices. Regular practice of Pranayama can modulate the sensitivity of chemo-receptors and can also make the mind calm and quiet.

These are the Pranayama mentioned in the Hatha Yoga Texts.

- a. Anulom- vilom
- b. Suryabhedana,
- c. Ujjayi,
- d. Bharmari,
- e. Sheetkari,
- f. Sheetal,





Nadishodhan or Anulom-vilom, Suryabhedan, Ujjayi, Sheetli, Bhramari, Pranayama are important pranayamas to be practiced.

Before doing the above pranayamas, one must follow the essentials for practicing them as stated below:

**External environment:-** Any place that is well- ventilated and free from noise, insects and flies should be preferred to practice pranayamas.

1. Right season to begin the practice of Pranayama: One should start to practice Pranayama in spring season i.e. March-April and autumn season i.e. Sept- Oct. One who is already in practice should continue its practice.
2. Right time: - Morning is the time best suited to practice Pranayamas.
3. Seat or Asana: - The seat should be soft, thick and comfortable.
4. Asana: - Asanas such as Padamasana, Siddhasana, Vajrasana and Sukhasana are considered the most suitable postures for the practice of pranayama.

### 3.4.2 ANULOM-VILOM OR NADI SHODHANA PRANAYAMA

This is one of the fundamental types of Pranayamas. This practice is also known as Anuloma-viloma as Viloma means 'produced in the reverse order'. This practice gets the name from the fact that the order of using the nostrils for inhalation and exhalation is reversed from time to time.



#### Technique

1. Sit in any comfortable asana. Keep the head and spine straight. The eyes should be closed.
2. Place right hand in jnana mudra. Close the right nostril with the right thumb. Inhale through the left nostril for 5 counts.

3. After 5 counts of breath, release the pressure of thumb from the right nostril and close the left nostril with the ring finger.
4. Exhale through the right nostril for 10 counts, keeping the respiration rate slow, deep and silent. Then, inhale through the right nostril for 5 counts.
5. Exhale 5 rounds of practice or for 3 to 5 minutes, making sure that no sound is produced as the air passes through the nostrils.

#### Benefits

1. Calms and steadies the mind, improves focus and concentration. Balances left and right hemispheres.
2. Strengthens the immune system.
3. Manages hypertension.
4. Provides sufficient oxygen for the functioning of every cell in our body.
5. Removes waste products such as carbon dioxide and other toxic gases from the body, so that they do not remain in the blood stream.

### 3.4.3 SURYA BHEDHANA PRANAYAMA

Surya is the sun and bhedhana means to get through. In Surya Bhedhana Pranayama all inhalations are done through the right nostril and all exhalations through the left.



#### Technique

1. Sit in any meditative asana e.g. Padasana, Sukhasana etc. Close your eyes.
2. Keep the left nostril closed with your middle and ring finger of the right hand.
3. Slowly inhale without making any sound through the right nostril as long as you can do it comfortably.





4. Then bring your hand down and place it on the knees and retain the breath by firmly pressing the chin against the chest. Simultaneously contract your rectum muscles.
5. This point cannot be reached at the very outset. You will have to increase the period of retaining breath gradually. This is the limit of the sphere of practice of Surya Bhedhana Pranayama.
6. Exhale very slowly, without making any sound through the left nostril by closing the right nostril followed by releasing the rectum muscles (anal lock), chest from the chin lock.
7. Relax and come back to original position. Do this for 3 to 5 times.

### Benefits

1. This Pranayama should be performed again and again, as it purifies the brain and destroys the intestinal worms and diseases arising from excess of wind (Vayu).
2. It helps to manage rhinitis and various sorts of neuralgia.
3. The worms that are found in the frontal sinuses are removed.
4. It is good for persons suffering from low blood pressure.

### 3.4.4 UJJAYI PRANAYAMA

In this practice, both the nostrils are used for inhaling air and the left one for exhaling. The sound represented by the letters 'Aum' is to be produced during the practice, by a partial closure of the glottis. This sound is a peculiarity of this Pranayama and its name is derived from this fact.



## Technique

1. Sit in any meditative asana. Close the mouth.
2. Inhale slowly through both the nostrils in a smooth, uniform manner.
3. Retain breath for as long as you can hold comfortably and then exhale slowly through the left nostril by closing the right nostril with your right thumb.
4. Expand the chest when you inhale.
5. During inhalation, a peculiar hissing sound is produced owing to the partial closing of the glottis.
6. The sound produced during inhalation should be of a mild and uniform pitch. It should be continuously practiced.

## Benefits

1. Removes heat from the head.
2. The practitioner's voice becomes clear and melodious.
3. Removes phlegm in the throat and all sorts of pulmonary diseases are managed effectively.
4. It is good for asthmatic patients and also for the patients of respiratory disorders.

### 3.4.5 BHRAMARI PRANAYAMA

The word Bhramari means a black bee. While practicing this Pranayama, the sound produced resembles the buzzing of a black bee. Bhramari Pranayama is effective in instantly calming down the mind. It is one of the best breathing exercises to keep the mind free of agitation, frustration or anxiety and get rid of anger to a great extent.

## Technique





1. Sit in the position of Padmasana or any comfortable sitting position.
2. Close your eyes, lips and ears.
3. Inhale deeply and exhale making sound like that of a black bee.
4. In order to assume benefits from this Pranayama, you should close both ears with your thumbs and exhale making sound of the bee.

#### Benefits

1. The practice of Bhramari delights the mind.
2. Bhramari is beneficial for pregnant women, for preparation for labour.
3. Blood circulation improves in the brain, clears the ears, eyes, nose and throat.

#### Precautions

Should not be practiced on empty stomach.

### 3.4.6 SHEETKARI PRANAYAMA

The word SheetKari is made up of 2 words "Sheet" means "Coolness" and "Kari" means "which arise". Sheetkari Pranayama literally means "Hissing Breath". In this breathing technique, we make a sound like a snake (hissing sound) while breathing in from our mouth, that is why it is also known as Hissing breath. Sheetkari Pranayama is very helpful in keeping our mind and body calm.



#### Technique

1. Sit in Padmasana or any comfortable asana. Place your hands on the knees in Jnana Mudra. Close your eyes.
2. Touch the palate with your tongue.
3. Close both the jaws with your teeth tightly pressed against each other, keeping the lips open.



4. Draw in air through the mouth with the hissing sound Siii—. Retain breath for as long as you can hold, pressing the chest against the sternum (chin lock) and simultaneously pulling the rectum muscle (anal lock).
5. Exhale slowly from both the nostrils, releasing the chin lock and anal lock.

### Benefits

1. It quenches thirst and appeases hunger. It cools the body system.
2. It destroys gulma (chronic dyspepsia), pleeha, inflammation of various chronic diseases, fever, indigestion, bilious disorders and phlegm.

When you are caught up in a jungle or any place where you cannot get water, practice this Pranayama to avoid feeling thirsty. You will be relieved of thirst at once.

Precautions: Those who are suffering from cold, cough or tonsilitis should not practice this Pranayama.

### 3.4.7 SHEETALI PRANAYAMA

As the name indicates, this Pranayama cools the system.

It helps to keep the body's temperature down.



### Technique

1. Sit in Padmasana or in any comfortable position. Place your hands on the knees in Gyan Mudra. Close your eyes gently.
2. Open your mouth, bring the tongue outside the mouth and form a cylindrical shape by bending both the extreme sides of the tongue longitudinally and inhale.
3. While inhaling, the air should pass through the tongue.
4. Close your mouth.





5. Retain breath for as long as you can while pressing the chin against the chest (chin lock), simultaneously pulling your rectum muscles (anal lock).
6. Then release chin lock and anal lock and exhale slowly through the nostrils.

### Benefits

1. Beneficial in diseases pertaining to throat and spleen etc.
2. Cures indigestion.
3. Helps in controlling thirst and hunger. Lowers blood pressure.
4. Beneficial for diseases caused by imbalance of pitta dosha (heat)
5. Purifies blood.

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### I. Tick the correct option.

1. Which of the following is a Kriya?
  - i. Kapalbhata
  - ii. Bhastrika
  - iii. Ujjayi
  - iv. Nadishodhana
2. Which Pranayam should be avoided during winters?
  - a. SheetKari
  - b. Bhramari
  - c. Surya Bhedhana
  - d. Ujjayi

### II. Answer the following questions briefly.

1. Differentiate between Surya Bhedhana Pranayama and Anuloma-viloma
2. Briefly explain any two Pranayam techniques.

### III. Answer the following questions in 150-200 words.

1. What is significance of Pranayam?

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## 3.5.1 ACTIVE LIFESTYLE AND STRESS MANAGEMENT THROUGH YOGA

Medical science defines stress as a specific response of body to all the nonspecific demands secretions of certain hormones. When a person faces problems in his everyday life which exceed his resources for coping with them, he feels stressed. Stress is a demand on our adaptability to evoke a response. But we must remember



that stress is not just for external environments, it can be generated from within ourselves, from our fears, hopes, expectations and beliefs.

It is an accepted fact across the world that Yoga brings happiness, peace of mind and a positive state of health. However, there is a limited understanding regarding the ways in which yoga achieves these things. Actually, yoga aligns the body, mind and intellect level by proper knowledge of structure and function, through self-realization of inner awareness.

When our resources are overworked, our exhausted body stops functioning smoothly. The signs that indicate this may be physical signs such as high blood pressure, high blood sugar, digestive disorders, back pain, and many others.

The Yogic asanas stretch and tone every muscle and joint of the body, as well as the spine, and skeletal muscles, the organs, as well as nerves, keeping the entire system in radiant health. By releasing physical and mental tension, a person liberates a vast amount of energy. The yogic breathing practice known as Pranayamas, revitalize the body and help to control the mind, leaving the person calm and refreshed. Relaxation helps control anxiety, hypertension and other discomforts of the mind and body.

Yogic concept considers health as a holistic way and sees the person as a whole. The five approaches to manage any healthy life style and emerge victorious are ahara, vihara, achara, vichara and vyavahara.

- Ahara (food and wellness) is about what to eat, when to eat, how to eat, how much to eat and what not to eat. The yogic approach lays emphasis on mithara i.e.  $\frac{1}{2}$  filled with food,  $\frac{1}{4}$  with water and  $\frac{1}{4}$  with air, which includes proper quality of food and also the state of mind which enhances the vitality and longevity of life.
- Vihara (recreation and wellness) comprises of three components - relaxation, recreation and relationships. Where person can express his/her emotion or bring emotion into creativity or in healthy way. There is also requirement of sound sleep.
- Achara (right conduct) is about how to set and follow routines to improve your lifestyle. It includes right habits, right attitude and right behaviour for one self and others. Yama and Niyama play an important role in better management of life.
- Vichara (right thinking) is to be in a conducive frame of mind. Yogic approach helps in controlling the vrittis (thoughts/modifications) of the mind and thereby giving positive directions to the negative thoughts.





- Vyavahara (right behaviour) the Bhagvadgita propounds that actions must be performed with a sense of detachment and duty. Right behaviour towards self and others is also a key to a healthy life style. Here again we must apply the principle of maître, mudita and upeksha respectively towards happy, sad, virtuous and evil person.

### 3.5.2 GENERAL GUIDELINES FOR YOGA PRACTICE

Yoga practitioners should follow the guiding principles given below while performing yoga practice.

#### Before the practice

- Saucha means cleanliness - an important prerequisite for yogic practice. It includes cleanliness of surroundings, body and mind.
- Yogic practice should be performed in a calm and quite atmosphere with a relaxed body and mind.
- Yogic practice should be done on empty stomach or light stomach.
- Consume small amount of honey in lukewarm water if you feel weak.
- Bladder and bowels should be empty before starting yogic practices.
- A mattress, yoga mat, durrie or folded blanket should be used for the practice.
- Light and comfortable cotton clothes are preferred to facilitate easy movement of the body.
- Yoga should not be performed in a state of exhaustion, illness, in a hurry or in acute stress conditions.
- In case of chronic disease/pain/cardiac problems, a physician or a yoga therapist should be consulted prior to performing yogic practices.
- Yoga experts should be consulted before doing yogic practices during pregnancy and menstruation.

#### During the practice

- Practice sessions should start with a prayer or an invocation as it creates a conducive environment to relax the mind.
- Yogic practices shall be performed slowly, in a relaxed manner, with awareness of the body and breath.
- Do not hold the breath unless it is specially mentioned to do so during the practice.





- Breathing should be always through the nostrils unless instructed otherwise.
- Do not hold the body tightly, or jerk the body at any point of time.
- Perform the practices according to one's capacity.
- It takes some time to get good results, so persistence and regular practice is very essential.
- There are contra-indications/ limitations for each yoga practice and such contra-indications should always be kept in mind.
- Yoga session should end with meditation/ deep silence/ Sankalp Shantipatha.

#### After Practice

- Bath may be taken only after 20-30 minutes of practice.
- Food may be consumed only after 20-30 minutes of practice.

#### YOGA PROTOCOL FOR STRESS MANAGEMENT (30 Minutes)



S.NO.	YOGA PRACTICES	ROUNDS	DURATIONS
1	PRAYER		1 Minute
2	Yogic Suksma Vyayama (Micro Circulation Practices)		5 Minutes
	Neck Movements:		
	Forward & backward bending	3 Rounds	
	Right & left bending	3 Rounds	
	Right & left twisting	3 Rounds	
	Neck Rotation (clock & anti clockwise)	3 Rounds	
	Shoulder Movements		
	Shoulder stretch	3 Rounds	
	Shoulder rotation (forward & backward)	3 Rounds	
	Trunk movements		
	Trunk twisting (Katishaktivikasaka)	3 Rounds	
	Knee movement	5 Rounds	
	Ankle movement		
	Ankle stretch	5 Rounds	
	Ankle rotation (clock & anti clockwise)	5 Rounds	
3	Yoga Sthula Vyayama: (macro circulation practice)		
	Sarvangapusti	3 Rounds	

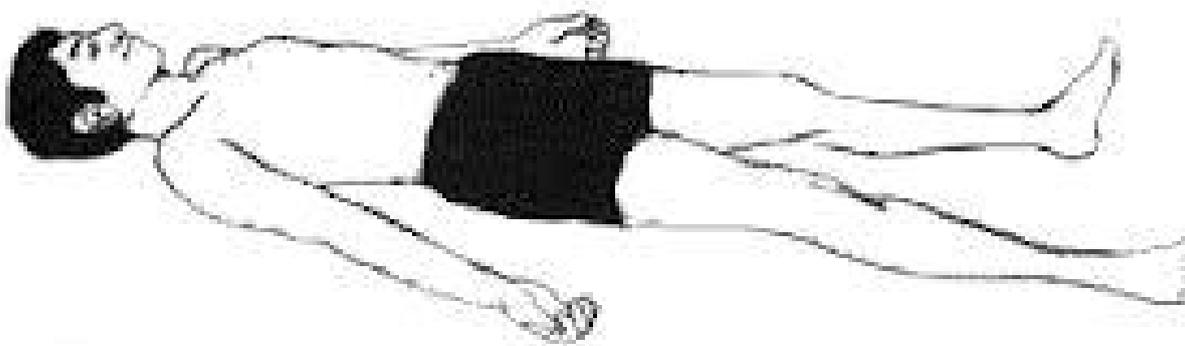




4	Yogasanās		12 Minutes
	Standing posture		
	Tadasana (Palm Tree pose)		
	Urdhva Hastottasana (Raised Arm Pose)		
	Sitting Posture		
	Ushtrasana (camel pose)		
	Sasankasana (Hare Pose)		
	Uttana Mandukasana (stretched up-Frog Pose)		
	Vakrasana (spinal twisting pose)		
	Prone posture		
	Bhujangasana (Cobra pose)		
	Supine posture		
	Pawanmuktasana (wind releasing pose)		
	Sethubandhasana (bridge pose)		
5	Pranayama;		
	Nadi/Shodhana or Anuloma Viloma Pranayama (alternate nostril breathing)	2 Rounds	6 Minutes
	Brahmari Pranayama	5 Rounds	
6	Dhyana		5 Minutes
7	Santi Patha		1 Minutes
	TOTAL TIME		30 Minutes

### 3.5.3 RELAXATION TECHNIQUE - YOGA NIDRA

The Sanskrit word yoga means union or perfect awareness, and nidra means sleep. Yoga nidra is a state where the body appears to be asleep, but the consciousness is functioning at a deeper level of awareness. Yoga nidra an effective technique for relaxation and helps towards stress-management and wellness.





## Techniques

1. Lie down straight on your back in Shavasana (Corpse Pose). Close your eyes and relax. Take a few deep breaths in and out. Remember to take slow and relaxed breaths.
2. Start by gently taking your attention to your right foot. Keep your attention there for a few seconds, while relaxing your foot. Then gently move your attention up to the right knee, right thigh and hip. Become aware of your whole right leg.
3. Gently, repeat this process for the left leg.
4. Take your attention to all parts of the body: stomach, navel region, chest.
5. Take your attention to the right shoulder, right arm, palms, and fingers. Repeat this on the left shoulder, left arm, throat, face, and finally the top of the head.
6. Take a deep breath in and observe the sensations in your body. Relax in this state for a few minutes.
7. Slowly becoming aware of your body and surroundings, turn to your right side and keep lying down for a few more minutes. Rolling over to the right side makes the breath flow through the left nostril which helps cool the body.
8. Taking your own time, you may then slowly sit-up, and whenever you feel comfortable, slowly, and gradually, open your eyes.

## Things to remember while performing yoga nidra

- 1) Yoga Nidra, is best done on an empty stomach
- 2) This asana should be practised in a comfortable clutter-free space.
- 3) Some people may feel a little cold after Yoga Nidra, so, it is a good idea to keep a blanket handy.

## Contraindications

1. Yoga Nidra should be done at your discretion, especially if you face severe clinical depression or other challenging mental health conditions. The extra introversion is unlikely to help. However, it may help relieve mild conditions.
2. Do not do yoga nidra while driving or operating machinery, as you may fall a sleep.



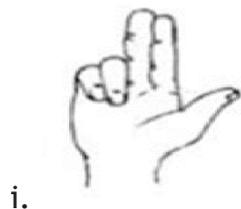


## Benefits and limitations

1. Produces deep relaxation.
  2. Reduces stress and anxiety.
  3. Reduces depression.
  4. Reduces pain and dependency on drugs.
  5. Reduces addictions.
  6. Provides relief from insomnia and improves quality of sleep.
  7. Improves clarity of thought and memory.
  8. Improves learning capacity and acquisition of new skills.
- 

### I. Tick the correct option.

1. Yoga-nidra is performed in
  - i. Shavaasana
  - ii. Simhasana
  - iii. Swastikasana
  - iv. Vajrasana
2. One of the five approaches as per Yoga to manage healthy life style through 'quality of food' is
  - i. Achara
  - ii. Ahara
  - iii. Vichara
  - iv. Vihara
3. The correct positioning of fingers in Anulom-Vilom is



4. Which of the following Pranayam poses is given below?



- i. Anulom-Vilom
- ii. Jal-Neti
- iii. Trataka
- iv. Kapalbhati

5. Which of the following is Bhramari Pranayama?



II. Answer the following questions briefly.

1. Detail the general guidelines for yogic practice for wellness?

III. Answer the following questions in 150-200 words.

- 1. Explain how Yoga can help in active lifestyle and stress management ?
- 2. 2. What is the procedure to do perform yoga-nidra?
- 3. 3. What is the role of yoga in reducing stress?





IV. Complete the table given below.

Asana	Technique	Benefits
Kapalbhati		
Jal-Neti		
Vamana Dhauti		
Anulom-Vilom		
Surya Bhedhana Pranayama		

V. Case Study





The path of yoga is a flight of eight steps. Efficiency in yoga is attained through step by step process. These are also known as eight elements of yoga. They are for the individual to think about and ponder over with a rational mind, because yoga is not about mindlessly accepting externally imposed rules- it is about finding the truth for oneself and connecting with it. On the basis of your knowledge of elements of yoga answer the following questions:-

- a) Which is the first element of yoga?
- b) Which is the last element of yoga?
- c) The last three limbs of Ashtanga Yoga are the essential stages of meditation; name them.
- d) Name the five yamas or code of conduct towards the outside world?
- e) What is the meaning of Pranayama?

#### VI. Art Integration

##### **MAKING YOUR OWN YouTube/TV SHOW**

Would you like to make your own instructional Yoga Show? Well why not do it? It's not very difficult and is a lot of fun.

1. The first step is, of course, the format of the show. You have to set yourself apart from the others. So, decide on your target audience. You could focus on teaching seniors only, or you could combine your classes with hip-hop music.
2. Choose a name for your Show. It should be something memorable, and relevant. Don't copy any other show's name. Make the name of your Show unique.
3. Get all the things you need. A camera for recording the Yoga Asanas, a recorder for voice over giving instructions, suitable music, a mat.
4. Come up with material for the show. Decide upon the Asanas you wish to demonstrate. They should be interesting, and at the same time not so complex that people are unable to follow them.
5. Choose a crew. You will need
  - ◆ Someone to operate the camera(s).
  - ◆ A Host and (or) a co-Host who give the instructions/voice-over for the Asanas.





6. Two or three persons demonstrating the Asanas. They must be adept at what they do to avoid any fiascos.
7. Create a script and proofread it.
8. Select an awesome set. Don't have your show with bare white walls in the background. Create an awesome set that is unique.
9. Plan out segments. Start planning out unique segments for your web show. How many Asanas would you like to include? Would you like to take a break? Or more than one break between the Asanas?
10. Rehearse the asanas, voice-over, music and recording well. Start rehearsing

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Weblinks		
Topic	Weblinks	QR Code
Concept of Yoga by Ministry of AYUSH	<a href="https://yoga.ayush.gov.in/">https://yoga.ayush.gov.in/</a>	
The Science and Art of Yoga	<a href="https://yoga.ayush.gov.in/Publications/gallery/JOURNAL/Yoga%20Vijnana%20Vol.%202.pdf">https://yoga.ayush.gov.in/Publications/gallery/JOURNAL/Yoga%20Vijnana%20Vol.%202.pdf</a>	
History of Yoga	<a href="https://yoga.ayush.gov.in/Yoga-History/">https://yoga.ayush.gov.in/Yoga-History/</a>	